

January 8, 2024

Good morning IS201! I'm Elly WuFeng from 851 and I'm back with you on this Motivational Monday on behalf of the SEAL Team.

Today is National JoyGerm Day! Just like how it sounds, National JoyGerm day is dedicated to spreading happiness and positivity. So, you can say its a whole day dedicated to the saying "You should smile more because its contagious". Happiness is contagious, so go spread it. You can do this by simply just being nice to other people. Give someone a compliment, hold the door for the next person, donate to causes you care about, or its even as simple as giving a hug to your friends and family! Spreading kindness and positivity boost your own confidence and improve your mental health. A day filled with laughter is a good day. The famous Greek writer Aesop once said, "No act of kindness, no matter who small, is ever wasted." Let this serves as a reminder that it doesn't matter if you do a small or big act of kindness, what matters is that it is valuable and that it may change someone's day- or even their life. Laughter is contagious, so is kindness!

Thanks for listening have a Make a Difference with Kindness Monday



Affirmation of the Day- "I strive for a society where no one is left behind."

SEAL Team pledge:

We are the Dyker S.E.A.L. Team

Positivity is our dream

We teach it every day

To help others live the optimistic way

We learn to control our emotions and feelings

So, we always have effective social dealings

No stone left unturned; no person left behind

Every member of our team has the power to be kind

We spread kindness to our friends, families, and those who need a smile

When facing hardships and adversity, the S.E.A.L. Team goes the extra mile

